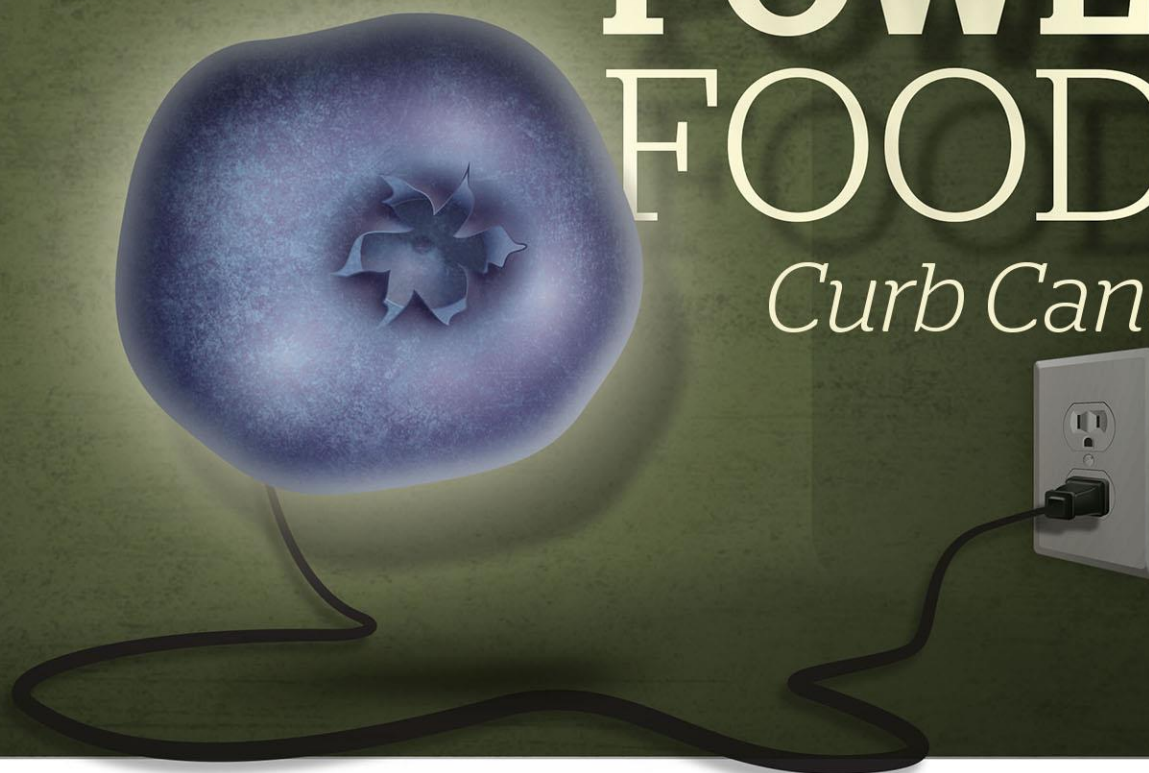


POWER FOODS

Curb Cancer



Living a healthy lifestyle is a key component of preventing cancer. Experts at Stanford University suggest that certain foods can actually aid in the prevention of many types of cancers. Consider incorporating these power foods into your diet!

Beans: The high fiber content in beans has been connected with a lower risk of digestive cancers, particularly prostate cancer.

Berries: Ellagic acid, found in berries such as strawberries, raspberries and blackberries helps prevent skin, bladder, lung and breast cancer by acting as an antioxidant and by slowing the reproduction of cancer cells.

Cruciferous and Dark, Leafy Green Vegetables: Veggies such as broccoli, cauliflower, cabbage and kale are rich in several compounds that have been shown to reduce the risk of lung, stomach, colorectal, prostate and bladder cancer. Veggies including romaine lettuce, mustard greens, chicory and Swiss chard contain carotenoids (which remove cancer-promoting free radicals from the body) and folate (which can reduce the risk of lung and breast cancer).

Garlic, Onions, Scallions, Leeks and Chives: These foods contain compounds that are believed to slow tumor growth, especially in skin, colon and lung cancer.

Grapes: The resveratrol found in grapes is thought to prevent cell damage before it starts.

Tomatoes: Lycopene, found in tomatoes, has been shown to fight prostate cancer and protect against breast, lung, stomach and pancreatic cancer.

Whole Grains: Whole grains contain fiber, antioxidants and phytoestrogen compounds, which can decrease the risk of developing most types of cancers.

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